MONDAY THURSDAY FRIDAY TUESDAY WEDNESDAY 2 1 July 4th Celebrations Thank you all for your donations. Minestrone Soup Your generosity continues keeping this Vegetable Lasagna Lemonade program running. 4414 2010 Capri Blend Vegetables Pub Burger w/ Condiments Please call at least 24 hours in advance for Garlic Stick Coleslaw Baked Beans a reservation or cancellation. Hamburg Roll Cantaloupe Slice Blueberry Coffee Cake \$3.00 suggested donation. (Low Sodium Hot Dog on Roll w/ (Ham Salad on Wheat) Call 683-2223 condiments 9 7 8 Red Chowder Beef Noodle Soup Split Pea Soup Chicken Soup **Independence Day** Baked Ham w/ Glaze Beer Battered Fish w/ Tartar Sauce Stuffed Cabbage w/ Sauce Beef Wellington w/ Ketchup Closed Peas and Carrots **Baked Sweet Potatoes** Mashed Potato Potato Logs Lyonnais Potatoes Pumpernickel Normandy Blend Mixed Vegetables Broccoli Slaw Bread Hoodsie Cup Marble Bread Tapioca Pudding Wheat Bread Angel Cake w/ Topping (Corned Beef w/ Mustard on Mixed Fruit White Bread Pumpernickel) (Turkey Salad on Marble (Seafood Salad on White Bread) (Chicken Salad on Wheat) 15 White Chowder HAPPY BIRTHDAY Onion Soup Venus de Milo Chicken Noodle Soup 12 16 Meat Loaf w/ Gravy Italian Wedding Soup Low Sodium Hot Dog Roll **Healthy Bake Pollock Fillets** Chicken Baked Potato w / Sour Cream Meat Balls w/ Sauce Sliced Carrots Pasta Primavera (Pasta + Broccoli w/Condiments Winter Blend Vegs Ziti w/ Sauce +Peppers + Onions + Zucchini) Baked Beans Garlic Mashed Potato Italian Blend Vegs Multigrain Bread Lite Oatmeal Corn Rye Bread Lemon Pudding Italian Bread Italian Ice Ice Cream Sandwich Fresh Fruit (Marinated Grilled Chicken on Frosted Cup cake (Pastrami on Lite Oatmeal) (Tuna on a Hot Dog Roll) (Turkey & Cheese on Rye) (Egg Salad on Italian) Multigrain) Escarole & Bean Soup Beef Barley Soup Cucumber + Tomato salad 19 Vegetable Soup **20** Tomato Soup 21 Turkey w/ Gravy Pier 17-Healthy Lite Cod Fillet **Grilled Chicken** Italian Sausage Pot Roast w/ Gravy Stuffing Roasted Zucchini + Squash + Red Peppers & onions Caesar Salad Scalloped Potatoes Cranberry Sauce Pepper Seasoned Shells Garlic Stick **Buttered Peas** Green Beans Rice Pilaf Grinder Roll Dinner Roll Wheat Roll Rye Bread Marble Bread Sherbet Marble Pudding Apricots Fresh Fruit Brownie (Pepper Turkey on Grinder Roll) (Italian Tuna on Bulky) (Bologna & Cheese on White) (Ham & Cheese on Rye) (Roast Beef on Marble) 29 Picnic / Meal Site Closed 28 30 26 Chicken Soup w/ Acne De Pep Potato Leek Soup Mushroom Barley Soup Pineapple Juice Corn Chowder Stuffed Chicken w/ Broccoli and **Beef Stroganoff** Livers & Onion w/ Gravy Cold Plate: Tuna Salad. **Boneless BBQ Ribs** Cheese **Buttered Noodles** Red Bliss Mashed Tri-Color Pasta salad French Cut Green Beans Brussel Sprouts Whole Baby Carrots Rice Zucchini Garden salad w/ Lite Dressing German Potato Salad Wheat Bread Italian Bread Lite Oatmeal Croissant Dinner Roll Apple Sauce w/ Cinnamon Custard Fresh Fruit Vanilla Pudding Apple Pie w/ Whip Cream

(Italian Grinder)

HOME HATTIE IDE CHAFFEE

(Chicken Salad on Lite Oatmeal)

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(Eggplant on Torpedo Roll)

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(Salami & Provolone on Croissant)

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(Seafood Salad on Hot dog Roll)

642 METACOM AVENUE • WARREN, R.I. 02885 401.245-2860 EXT. 227 SHERRILL.FERREIRA@GENESISHCC.COM

$oxed{M}$	IONDAY	TU	UESDAY	W	EDNESDAY			ГHURSDAY			FRIDAY	
	Juli) :	2010)			9:30am 10:30am 1:00pm 1:00pm	Senior Strength Blood Pressure Bingo Wood Carving	1	8:30am 9:30am 10:00am 10:30am 12:00pm 1:00pm	Shopping Exercise Class Scrabble Club Walk w/ Ease Chair Massage Yoga	2
	5 NTER CLOSED PENDENCE DAY	9:30am 10:00am 12:30pm 1:00pm	Senior Strength Current Events Craft Class Movie	9:30am 10:00am 12:30pm 1:00pm	Chair Yoga Knitting Men's Bridge Line Dancing	7	9:30am 10:30am 1:00pm 1:00pm	Senior Strength Blood Pressure Bingo Wood Carving	8	8:30am 9:30am 10:00am 10:30am 1:00pm	Shopping Exercise Class Scrabble Club Walk w/ Ease Yoga	9
9:30am 10:30am 6:45pm	Chair Yoga Walk w/ Ease Dupl. Bridge	9:30am 10:45am 12:30pm 1:00pm	Senior Strength CapTel Presentation Craft Class Movie	9:30am 10:00am 12:30pm 1:00pm	Chair Yoga Knitting Men's Bridge Line Dancing	14	9:30am 10:30am 1:00pm 1:00pm	Senior Strength Blood Pressure Bingo Wood Carving	15	8:30am 9:30am 10:00am 10:30am 12:00pm 1:00pm	Shopping Exercise Class Scrabble Club Walk w/ Ease Chair Massage Yoga	16
9:30am 10:30am 10:00am 6:45pm	Chair Yoga Walk w/ Ease Computer Class/ Last Class Dupl. Bridge	9:30am 10:00am 12:30pm 1:00pm	Senior Strength Current Events Craft Class Movie	9:00am 9:30am 10:00am 12:30pm 1:00pm	Manicures Chair Yoga Knitting Men's Bridge Line Dancing	21	9:30am 10:30am 1:00pm 1:00pm	Senior Strength Blood Pressure Bingo Wood Carving	22	8:30am 9:30am 10:00am 10:00am 10:30am 1:00pm	Shopping Exercise Class Scrabble Club Flowers / Every Walk w/ Ease Yoga	23 rone
9:30am 10:30am 6:45pm	Chair Yoga Walk w/ Ease Dupl. Bridge	9:30am 12:30pm 1:00pm 3:00pm	Senior Strength Craft Class Movie AARP Safe Driving Class	9:30am 10:00am 12:30pm 1:00pm	Chair Yoga Knitting Men's Bridge Line Dancing	28	9:30am 10:30am 1:00pm 1:00pm	Senior Strength Blood Pressure Bingo Wood Carving	29	Picnic / M 8:30am 9:30am 10:00am 10:30am 12:00pm 1:00pm	Shopping Exercise Class Scrabble Club Walk w/ Ease Chair Massage Yoga	30

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SAVE THE DATES

b September 29th, Wednesday, MEMBERSHIP PARTY @1:00PM. Come and renew your membership and celebrate! Membership will stay at \$5.00 this next year. Note that this is the first time the party is not at night. We will have the famous entertainer, Manny Brando, who also entertains at the Warren Senior Center. Please let Emily or Millie know if you can help with refreshments.

OCTOBER 11th, Columbus Day. A foliage trip is planned. See the August Newsletter for more details.

NOVEMBER 17th, WEDNESDAY. Radio City Christmas Spectacular Starring the ROCKETTES! These tickets will go in sale August 3rd. The costs are \$43.00 and are for Senior Activity Club members **QNLY**. New membership is required! We only have 60 tickets